



COMMISSION NEWS

“HAPPY BIRTHDAY AMERICA”

From fireworks soaring above the Washington Monument to hot dogs being downed in New York City's frank-eating contest, Americans aren't shy about celebrating their nation's birthday. Many places are rolling out long-established Independence Day traditions on Monday (even if some of those traditions aren't as long-established as they sound). Rain was forecast in many cities, but revelers were trying not to let it dampen their fun. Some Fourth of July highlights from around the country. In Philadelphia, where the Founding Fathers approved the Declaration of Independence on July 4, 1776,

the national birthday party ran all day. The 4th of July is also a unique opportunity to acknowledge this country's great history, while spending quality time with friends and family. Its rich history is celebrated by parades, fireworks, patriotic displays, ceremonies barbeques., all while lifting up the Red, White and Blue décor of the American flag. People are encouraged to remember the uniqueness of the day and how our country came about on July 4, 1776, that, through the Declaration of Independence, the 13 Colonies declared legal separation from the control of Great Britain.

An act that launched the American Revolution, which brought war

and the epic battle for our country's autonomy. This country was founded by people looking for freedom from tyranny and persecution because of what they believed in. We must never forget the words penned by Thomas Jefferson that are immortalized in the Declaration of Independence:

“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of happiness.”

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Special points of interest:

- July 4th Holiday
- August 7, National Sisters Day
- August 10, beginning of school year
- August 14, National Creamsicle Day
- August 27, National “Just Because” Day
- August 26, Women's Equality Day

? WHAT'S IN A NAME ?

"PLATYPUS "

The **platypus** (*Ornithorhynchus anatinus*), also known as the **duck-billed platypus**, is a semiaquatic egg-laying mammal endemic to eastern Australia, including Tasmania. Together with the four species of echidna, it is one of the five extant species of monotremes, the only mammals that lay eggs instead of giving birth. The animal is the sole living representative of its family (Ornithorhynchidae) and genus (*Ornithorhynchus*), though a number of related species have been found in the fossil record.

The unusual appearance of this egg-laying, duck-billed, beaver-tailed, otter-footed mammal baffled European naturalists when they first encountered it, with some considering it an elaborate hoax. It is one of the few venomous mammals, the male platypus having a spur on the hind foot that delivers a venom capable of causing severe pain to humans. The unique features of the platypus make it an important subject in the study of evolutionary biology and a recognizable and iconic sym-

bol of Australia; it has appeared as a mascot at national events and is featured on the reverse of its 20-cent coin. The platypus is the animal emblem of the state of New South Wales.^[3]

Until the early 20th century, it was hunted for its fur, but it is now protected throughout its range. Although captive breeding programs have had only limited success and the platypus is vulnerable to the effects of pollution, it is not under any immediate threat.

INSPIRATIONAL CORNER

Power of Life

Quiet your thoughts now, take a slow, deep breath and feel life itself. Just feel, without the need to label, the essence that is you.

Allow yourself to feel love for all you love. Allow your vision of life at its best to fill your awareness.

Stay here a moment, and remind yourself, this is what's important. Pure, authentic life and love are what matter.

Nothing can take the best of you away from you. Through pain, loss, achievement, joy, ups and downs, you still can love all that you love.

In any situation, you can give of yourself to life. You can al-

ways make a difference, you can always matter, you can always love.

Remind yourself of the good, unique power that is your own life. Remind yourself now to point that power in a worthy, meaningful direction.

Ralph Marston

"ALL AROUND OUR TOWN"!

AUG. 5-7, 2016 \\ Haddad Riverfront Park
Schoenbaum Stage \\ Charleston, WV



The Multi-Cultural Festival of West Virginia seeks to enrich the lives of those we serve—our sponsors, our vendors and our community—by providing a venue to celebrate diversity for all citizens throughout our region through art, music, education, cultural programs and cuisine. This highly anticipated event in West Virginia brings various cultural and ethnic communities together in an atmosphere of tolerance and good will.

Local talents include: LEISHA ENGLISH-GIBSON \ MATTHEW AUSTIN \ MARTIN LUTHER KING CHOIR \ REDEEMED CHURCH OF GOD \ CHARLESTON COMMUNITY COMBINED CHOIR.



NEXT
National Recording Artists

Other talents:



Geoffrey Golden, BET's
Season 7-Sundays Best



Paddle Summersville Lake for some summer fun.

We all know that one of the best ways to beat the summer heat is to go jump in a lake. And **Summersville Lake**, just south of the town of the same name, is one of the best in the state. One of the most up-close and personal ways to see the lake is by kayak or canoe. You can rent them at the nearby **Summersville Lake Retreat**. Visit on a weekday, when motorboat traffic is at a minimum. After stocking up on sunscreen, chips, and cold drinks, put in at the Salmon Run boat launch.

After paddling in and out of spectacular hollows, cliffs, and waterfalls with names like "The Movie Screen," "Rat's Hole," and "Pirates Cove" all day, you'll have your choice of post-adventure eats.

For some low-key fun, pull up to **Fat Eddie's** drive-in for some chicken fingers and milkshakes. Or, if you are really in the mood to impress your date, clean up and drive 30 minutes north to **Café Cimino** in Sutton for perfectly paired wine and entrees from one of the "Best Chefs in America" (3 years running). Top it off with an after-dark walk along the river.

REMEMBER SCHOOL STARTS ~AUGUST 10, 2016



It's that time of year, the new school year is or has already started—for millions of students across the states. We know everyone likes summer vacation more, but when we asked kids if they liked school, would you

believe many of them said ...**YES?** No, they don't love each second, every pop quiz and

art project gone wrong. But on most days, 65% of kids said they liked school ...a lot . (25%) said some and (40%) were 'OK'.

But what about the other 35%? We asked 965 kids, so that means about 337 kids were not happy on schooldays. Those kids said they disliked school, and some said they disliked school a lot. This could be viewed as a problem considering many kids spend 180 days a year in school. Like it or not the wee wonders and inquisitive minds will be scampering about soon, so please be watchful of them as you drive to and fro.

A LIFE OF SERVITUDE:

Monia Sue Turley

Having worked a total of 36 years for the State of West Virginia, Monia Turley was honored for her faithful attitude and 'servitude' to not only the Commission; but to the other state agencies she served during her long tenure.

Ms. Turley has been dedicated to the work of the Commission, and has been a 'behind the scenes' worker who gets things done to assist with the agency's function of eliminating discrimination—a cause which is very important to her.

She began with the Commission's Legal Division before the Commission hired its first full-time hearing examiner— (Administrative law Judge).

And over the years, has assisted in several key areas of the Commission's work. At her retirement Ms. Turley served as the Administrative Secretary, to the Executive Director and worked closely with the Commissioners, the office of the Attorney General clerical staff as well as other support agencies to the Commission.

The agency is certainly at a loss because of the many roles Ms. Turley played to its overall functioning and though she will be thorough-



ly missed, we certainly wish her well in all she chooses to do during her next endeavors.

HAPPY RETIREMENT



"Some people come in to your life for a reason, some come for a season and others come for a lifetime."

Commissioner William "Tank" Williams is one of those people who has made a lifetime impression on the lives of the citizens of West Virginia throughout his 25 years of service to the WV Human Rights Commission as a Commissioner. In addition to his love for the work of the Commission, he has also been extremely revered as an educator, employed by the Logan County Board

of Education, where he stressed to the students of the 2009 graduating class, to "remember where you came from" and encouraged everyone to 'give back' in order to help other students attend college and receive a quality education. He explained that there is always somewhere behind the scenes making it possible and paving the way for others.

Commissioner Williams loves West Virginia and especially the people of the County he represented as a Commissioner for the past 25 years.

Commissioner Williams has recently retired as Commissioner to the West Virginia Human Rights Commission and has plans to relocate with family to Cincinnati OH. He pictured above with members of the Commission and Dr. Carolyn Stuart, Executive Director of the Herbert Henderson Office of Minority Affairs, as she presents him with recognition from the Governor's office, as well as a plaque from the Commission and Commissioners of the Human Rights Commission.

Motivational Moments ~ "The Importance of Achieving Goals"

Did you know that we can learn a lot about leadership from geese? It's true! Animals can teach us valuable lessons about life. It is truly amazing how humans we learn from them just by observing their behavior.

The story was written in 1972 by Dr. Robert McNeish, a science teacher from Baltimore, MD., and has since been used as a study lesson by many leadership institutes, consultants, organizations, and corporations.

All of us know how important leadership and teamwork are in today's organizations. Here are five principles presented in the "Lessons from Geese" to practice good leadership and teamwork skills as we implement and learn from them.

Fact 1: The Importance of Achieving Goals

As each goose flaps its wings it creates an "uplift" for the birds that follow. By flying in a "V" formation, the whole flock adds 71% greater flying range than if each bird flew alone.

Lesson: People who share a common direction and sense of community can get where they are going quicker and easier because they are traveling on the thrust of one another.

Fact 2: The Importance of Team Work

When a goose falls out of formation, it suddenly feels the drag and resistance of flying alone. It quickly moves back into formation to take advantage of the lifting power of the bird immediately in front of it

Lesson: If we have as much sense as a goose we stay in formation with those headed where we want to go. We are willing to accept their help and give our help to others.

Fact 3: The Importance of Sharing

When the lead goose tires, it rotates back into the formation and another goose flies to the point position.

Lesson: It pays to take turns doing the hard tasks and sharing leadership. As with geese, people are interdependent on each other's skills, capabilities and unique arrangements of gifts, talents or resources.

Fact 4: The Importance of Empathy and Understanding

The geese flying in formation honk to encourage those up front to keep up their speed.

Lesson: We need to make sure honking is encouraging. In groups where there is encouragement the production is much greater. The power of encouragement (to stand by one's heart or core values and encourage the heart and core of others) is the quality of honking we seek.

Fact 5: The Importance of Encouragement

When a goose gets sick, wounded, or shot down, two geese drop out of formation and follow it down to help and protect it. They stay with it until it dies or is able to fly again. Then, they launch out with another formation or catch up with the flock.

Lesson: If we have as much sense as geese, we will stand by each other in difficult times as well as when we are strong. "Lessons from Geese" provides a perfect example of the importance of team work and how it can have a profound and powerful effect on any endeavor. When we use these five principles in our personal and business life it will help us to foster and encourage a level of passion and energy in ourselves, as well as those who are our friends, associates, or team members

SOUP'S ON!!

Curried Sweet Potato & Split Pea Soup

1 tbsp. Simple Truth Organic® Extra Virgin Olive Oil
1 medium onion, diced
3 Simple Truth Organic® Carrots, chopped
2 Simple Truth Organic® Celery Stalks, chopped
1 garlic clove, minced
1 tsp. fresh ginger, minced
1 tbsp. Simple Truth Organic® Curry Powder

1 tsp. salt
1 small sweet potato, chopped (about 1 ½ cups)
1 cup Simple Truth Organic® Green Split Peas
4 cups water
In a large pot, heat olive oil over medium heat. Once hot, add the onion, carrots and celery. Sauté for about 10 minutes, stirring often. Add garlic and ginger and sauté for another minute.

Add the curry powder, salt, sweet potato, split peas and water. Stir to combine. Bring soup to a boil, then reduce heat to low and simmer (covered) for about an hour, or until peas are tender.?

Serve.





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We are a neutral agency!



Women's Equality Day, August 27, 2016

Agnes Campbell Macphail, was the first woman to be elected to the Canadian House of Commons, and one of the first two women elected to the Legislative Assembly of Ontario. Active throughout her life in progressive Canadian politics, Macphail worked for two separate parties and promoted her ideas through column-writing, activist organizing, and legislation. She was raised in the Methodist Church, but converted to the Reorganized Latter Day Saint church as a teenager, the church of her missionary uncle.

She graduated in 1910 with a second class teacher's certificate. She applied for five positions and was accepted at all five. She claimed that this was not due to her competence but due to a scarcity of teachers at the time.

While working in Sharon, Macphail became active politically, joining the United Farmers of Ontario (UFO) and its women's organization, the United Farm Women of Ontario. She also became a columnist for the *Farmer's Sun* around this time.

Macphail never married. She died February 13, 1954, aged 63, in Toronto, just before she was to have been offered an appointment to the Canadian Senate.



August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 Pay Day	6
7	8	9	10-School Starts	11	12	13
14 National Creamsicle Day 	15	16	17	18	19 Pay Day	20
21	22	23	24	25	26	27
28	29	30	31			
The first day of a new month means...no matter where you've been before, you get to begin again.						